

## Basic Report 03084, Babyfood, dinner, vegetables and turkey, strained

Report Date: September 14, 2015 18:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 256g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Earth's Best (4.5 oz) 113g	1 jar Gerber Second Food (4 oz) 113g
<b>Proximates</b>								
Water	g	88.82	227.38	14.21	25.18	100.37	100.37	100.37
Energy	kcal	48	123	8	14	54	54	54
Protein	g	2.32	5.94	0.37	0.66	2.62	2.62	2.62
Total lipid (fat)	g	0.90	2.30	0.14	0.26	1.02	1.02	1.02
Carbohydrate, by difference	g	7.62	19.51	1.22	2.16	8.61	8.61	8.61
Fiber, total dietary	g	1.5	3.8	0.2	0.4	1.7	1.7	1.7
Sugars, total	g	1.54	3.94	0.25	0.44	1.74	1.74	1.74
<b>Minerals</b>								
Calcium, Ca	mg	27	69	4	8	31	31	31
Iron, Fe	mg	0.37	0.95	0.06	0.10	0.42	0.42	0.42
Magnesium, Mg	mg	13	33	2	4	15	15	15
Phosphorus, P	mg	44	113	7	12	50	50	50
Potassium, K	mg	102	261	16	29	115	115	115
Sodium, Na	mg	20	51	3	6	23	23	23
Zinc, Zn	mg	0.70	1.79	0.11	0.20	0.79	0.79	0.79
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.7	1.8	0.1	0.2	0.8	0.8	0.8
Thiamin	mg	0.020	0.051	0.003	0.006	0.023	0.023	0.023
Riboflavin	mg	0.024	0.061	0.004	0.007	0.027	0.027	0.027
Niacin	mg	0.466	1.193	0.075	0.132	0.527	0.527	0.527
Vitamin B-6	mg	0.044	0.113	0.007	0.012	0.050	0.050	0.050
Folate, DFE	µg	10	26	2	3	11	11	11
Vitamin B-12	µg	0.02	0.05	0.00	0.01	0.02	0.02	0.02
Vitamin A, RAE <a href="#">b</a>	µg	220	563	35	62	249	249	249
Vitamin A, IU <a href="#">a</a>	IU	4396	11254	703	1246	4967	4967	4967
Vitamin E (alpha-tocopherol)	mg	0.30	0.77	0.05	0.09	0.34	0.34	0.34

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	1	3	0	0	1	1	1
Vitamin K (phylloquinone)	µg	3.9	10.0	0.6	1.1	4.4	4.4	4.4
<b>Lipids</b>								
Fatty acids, total saturated	g	0.236	0.604	0.038	0.067	0.267	0.267	0.267
Fatty acids, total monounsaturated	g	0.294	0.753	0.047	0.083	0.332	0.332	0.332
Fatty acids, total polyunsaturated	g	0.241	0.617	0.039	0.068	0.272	0.272	0.272
Cholesterol	mg	4	10	1	1	5	5	5
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0

**Footnotes**

<sup>a</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.

<sup>b</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.